

# Students, Discover School Breakfast!



## WHY EAT BREAKFAST?

- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.



## WHAT'S FOR BREAKFAST?

Cereal  
Toast  
Muffins  
Sweet Rolls  
Pancakes  
Fruit  
Waffles  
Hot Cereal  
Bagels  
English Muffins  
Milk



## WHAT DO OTHER KIDS SAY ABOUT EATING BREAKFAST?



- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



This institution is an equal opportunity provider.